

Keeping Contact



Newsletter of the Delaware County Road Runners Club

March, 1990

Editor: Bob Huggins President: John Greenstine Publisher: Rita Senderoff

Submit articles for publication to: Bob Huggins
408 Pershing Avenue
Collingdale, PA 19023

FROM THE EDITOR'S DESK

This issue is a bit thinner than usual... we're publishing it primarily so that you receive updated information on up coming races in the area. Once March rolls around, the action starts to get hot and heavy. A lot of perennial DELCO favorites like the Collingdale 5 Miler, Caesar Rodney Half Marathon, the Lansdowne Memorial Day 10K and the Spring's "biggie," the Broad Street Run, among others, will hopefully have your participation, no matter what your speed is. Speaking of Broad Street, the eleventh edition will not finish in JFK Stadium due to that structure's condemnation by City of Philadelphia authorities. Instead, the last half mile or so will wind through FDR Park for the finish. While, personally, I've always liked finishing on the track, the new finish will be in a very attractive setting. After the race, don't miss the club's tailgate party, surely one of the social highlights of the Spring racing season. It's a great opportunity to meet new club members as well as seeing some old, familiar faces.

Periodically, I request your assistance in submitting articles and/or ideas for publication. It's that time of the year again, folks; please keep those cards and letters coming. We need your input on what you would like to see in Keeping Contact. Much as I'd like to, I can't read minds. Send your thoughts, ideas, etc. to the address above. And, as Frank and Ed often say...

THANK YOU FOR YOUR SUPPORT!

PROPOSED CHANGES FOR FUN RUN RECORDKEEPING

By Bob Huggins

On Wednesday, February 28th, the executive officers of the DELCO ROAD RUNNERS CLUB plus several of its members met to discuss the task of record keeping at the club's various fun runs. Currently, the club awards participation incentives as follows:

- * First Time Runner - Newcomer Ribbon
- * Ten Time Runner - Patch
- * Twenty Time Runner - Tee shirt
- * Forty Time Runner - Plaque
- * Eighty Time runner - Tee Shirt

Discussion centered around whether or not records should be kept once the runner reaches the eighty time plateau since no participation awards are given once a runner reaches this level. Fun run leaders from Aldan and Springfield were present to discuss their concerns regarding the amount of paperwork involved in the record keeping process. While other fun run leaders were not present, a record keeping book used by the Collingdale fun run leader was introduced and reviewed by the group. A proposal to have fun run participants record their own attendance on a runners log booklet was also considered. No vote was taken with the vote being tabled until the March meeting.

Club president John Greenstine is currently soliciting your ideas and input on this issue prior to the club's vote at the next club meeting on Wednesday, March 28th (7:45 P.M.) at Springfield High School's Community Room. If you cannot attend the meeting, but would like to express your feelings and/or make a recommendation, please write to John at:

340 Kirk Lane
Media, PA 19063

You may also call John at 891-0806 if you need more information about this issue and/or directions to the Community Room.

HENLEY GIBBLE TO BECOME INTERIM EXECUTIVE DIRECTOR OF THE ROAD RUNNERS CLUB OF AMERICA (RRCA)

Jim Burns, RRCA Executive Board member and Chairman, has announced that Henley F. Gibble has accepted the position as Interim Executive Director of the 150,000 - member organization. This is the first fulltime paid top administrative position of the Road Runners Club of America, which has its national headquarters in Alexandria, Virginia.

Gibble is the current RRCA president, and will assume the Executive Director position when her term expires June 1. In addition to her four years as President, Gibble served the four years previously on the Board as Director of the Eastern Region. A competitive runner for many years, she is a founding member of the Washington Runners, a Washington, DC, running club, and has served as race director for numerous events including last year's highly successful Nike Women's 5K.

The RRCA Board voted unanimously to offer the position to Gibble at its December meeting. The search to fill the position of permanent Executive Director will commence October 1, 1990.

Gibble's appointment has been received with enthusiasm by the national running community. Phil Stewart, editor of the Road Race Management Newsletter, says that "Henley Gibble is a natural choice based on her proven leadership as President of the RRCA and her popularity among the sport's grassroots organizations." Such sentiment is echoed by Julia Emmons, chair of the Women's Long Distance Running Committee of The Athletics Congress: "Henley has devoted her considerable energies and intelligence to our sport for many years; there could have been no wiser choice."

For more information call Jim Burns (414) 421-8800 or RRCA (703) 836-0558.

RUNNING SHORTS

- * Bill Schultz began his transcontinental trek on February 21st. So far, so good. On March 5 he was right on schedule, rolling along in Arizona.
- * Has the Wednesday night fun run at Collingdale had a resurgence? The summer months have often seen only three or four people show up, but on Wednesday, February 21st, 15 people showed up including the entire Mundy clan. Join us at the Harris Elementary School on Sharon Avenue at 6:30 P.M. Wednesdays and 9:00 A.M. on Saturday mornings. Breakfast after the Saturday morning run is a staple.
- * Recently one of our masters runners was out-of-state on a business trip. Like most serious runners, this individual took his/her running shoes and gear with him/her. While running in a middle class suburban neighborhood of a large city in the North West, the runner was assaulted by three teenagers. This individual told me that he/she was absorbed in his/her thoughts and wasn't really paying attention to the surroundings when the incident occurred. Fortunately, no serious physical damage was done, other than the runner being punched a few times. Psychologically, however, the effects of the attack are still there. This runner has told me that he/she will run when out-of-state on future business trips /vacations, etc. However, he/she will be very conscious about the surroundings and promises to be doubly alert, not only away from home, but locally, too. He/she feels that what happened away from home could have just as easily happened at home.

Editor's Note: The above incident is true; the runner involved who related the story to me wishes to remain anonymous.

WEST MEETS EAST

By John O'Neill

As a Californian, it was great to run with your group on December 22 when I was visiting Paul Straube. Cold but great!

I guess it doesn't matter where they live, runners are just friendly people. We have a running group in my area that runs regularly in the Summer and Fall at an area known as Apple Hill. The group calls themselves "The Apple Corp."

Since I forgot to mention it, I live in the Placerville area, 50 miles east of Sacramento, in the Sierra foothills. It's great running country, and I invite any of you to stop by if your in the area.

Hope to run with you again in the not too distant future.

John O'Neill
Box 982
Diamond Springs, CA 95619
(916) 626-3729

HAVERTOWN COMMUNITY HOSPITAL/Wellness Center 5K RUN/WALK

By Steve McLaughlin

Once again, the Wellness Center/Sports Medicine Clinic of Haverford Community Hospital is preparing for its annual 5K Road Race/Fun Walk. This year's proceeds will benefit the Spinal Cord Society. Race date is set for Sunday May 20. The Fun Walk to start at 9:00 A.M. and the Run to begin at 10:00 A.M. (There is also the possibility of a wheelchair division which would start approximately 5 minutes before the Run.)

The race will start and finish at the Wellness Center in front of Haverford Community Hospital in Havertown. The race course will be routed through the adjacent neighborhood of Westgate Hills, a safe yet challenging course for runners and walkers. 1988's race winner, Jim Parsons, completed the run in a time of 14:21.

Cash prizes will be awarded to the top three male and female finishers as follows: First - \$100, Second - \$75, Third - \$50. In addition, merchandise awards will be given to the top three male and female finishers in six age divisions.

For an application, send a self-addressed, stamped envelope to:

Steve McLaughlin
Director - Wellness Center
Haverford Community Hospital
2000 Old West Chester Pike
Havertown, PA 19083
446-9410

UPCOMING ROAD RACES

(Mid March to April)

Compiled by Bob Huggins

- March 17 St. Patrick's Day 10 Miler
Contact: Broadwalk Runners
P.O. Box 7336
Atlantic City, NJ 08404
- St. Patrick's Day 10 Mil Run & 5K (Allentown, PA)
Contact: Precision Road Racing
P.O. Box 252
Leesport, PA 19533
926-4303
- Shamrock 10K Run (Springfield, PA)
Contact: Shamrock Run
P.O. Box 216
Springfield, PA 19064
- Note: This race was previously known as the Springfield Rotary Run. Also, the race will start at Springfield High School and not at Metropolitan Hospital as it has in past years. The finish will be in the business district on Saxer Avenue.
- March 18 Caesar Rodney Half Marathon (Wilmington, DE)
Contact: Delaware Sports Club
P.O. Box 226
Wilmington, DE 19899
- March 24 Remy's 5K Spring Thaw (Cooper River, Pennsauken, NJ)
Contact: CS Running Center
33 Haddon Ave.
Westmont, NJ 08108
(609) 858-9760
- April 1 Inglis House 5 Miler (Memorial Hall 2-loop course)
Contact: Dave MacIntyre
581-0708
- April 7 Nutrathon 10k & 2 Mile Fun Walk/Run (West River Dr.)
Contact: Vicki Birt
Thomas Jefferson University Hospital
Nutrition & Dietetics
Suite 2054
New Hospital
11th & Walnut Sts.
Philadelphia, PA 19107
928-4850
- April 8 Swarthmore College Amnesty International 5K
(See attached form)

- April 8 Run for the Arts 8K, 1 Mile Run & 3 Mile Walk
(Elkins Park)
Contact: Bob Gamberg
7905 High School Road
Elkins Park, PA 19117
782-8811
- Cherry Blossom 5 Mile (Baynard Stadium - Wilmington)
Contact: Marathon Sports
300 West Ninth Street Plaza
Wilmington, DE 19801
(302) 654-2354
- April 21 Lansdale Wellness 5K & 1.5 mile walk (Lansdale)
Contact: Robert Gallagher
North Penn YMCA
608 E. Main St.
Lansdale, PA 19446
368-1601
- April 22 Penn Relays Distance Classic 20K (Franklin Field)
Contact: Penn Relays Distance Classic
Weightman Hall
235 S. 33rd St.
Phila., PA 19104
898-6145
- April 22 Main Line Jaycees' April Fools 10K (Radnor, PA)
Contact: Ed Flores
825-8030 (days) or 293-9879
This race has a fun run, too.

MULTI-SPORT SCHEDULE

(SPRING - EARLY SUMMER)

Compiled by Bob Huggins

- March 24 Skyline Biathlon (Reading, PA)
Run: 3.6 miles, Bike: 10.8 miles (very hilly course)
Contact: Precision Road Racing
Leesport, PA 19533
926-4303
- April 1 Phila. Naval Station Biathlon Series #1 (Navy Base)
Run: 2.5 miles, Bike: 16 miles, Run: 2.5 miles
Contact: Ken Perron
897-5284 (days)

- April 22 The Dover Biathlon Classic (Dover, DE)
Run: 5K, Bike: 35K
Contact: Howard D. Smith
Wheel Easy Bicycle Store
1404 Forest Avenue
Store C
Dover, DE 19901
(302) 734-4994 (days)
- April 29 Community Y Biathlon (Lansdowne)
Indoor Swim: .5 mile, Run: 5 miles
Contact: Cindi Phallen
Community Y
Lansdowne Ave. & Garrett Rd.
Lansdowne, PA 19050
- Cooper River Biathlon Series #1 (Pennsauken, NJ)
Race: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
Contact: Chuck Sellers
C.S. Running Center
33 Haddon Ave.
Westmont, NJ 08108
(609) 858-9760 (days)
- May 5 Core-Tex Triathlon (Wilmington, DE)
Bike: 12.1 miles, Run: 4.7 miles, Canoe: 3 miles
Contact: Jennifer Mackey
American Heart Assn.
4-C Trolley Square
Wilmington, DE 19806
(302) 654-5269 (days)
- May 6 Coors Light Wild n' Fowl Triathlon (Salisbury, MD)
Swim: .5 miles, Bike: 14.5 miles, Run: 5K
Contact: Carol Mears/Ross Glushakow
American Cancer Society
P.O. Box 163
Salisbury, MD 21801
(301) 749-1624 (days)
- Monmouth County Sunrise Run-Bike-Run (Long Branch, NJ)
Run 4 miles, Bike: 13 miles, Run: 4 miles
Contact: Andrew Spears
Monmouth County Park System
Newman Springs Road
Cincroft, NJ 07738
(201) 542-1642 (days)
- June 17 Marathon Sports Sprint Triathlon '90 (Middletown, DE)
Swim: .25 mile, Bike: 16 miles, Run: 5K (cross country)
Contact: Wayne Kursh
Marathon sports
300 9th Street Plaza
Wilmington, DE 19801
(302) 654-2354 (days)
Tri-Fed License required

- June 24 Coors Light Biathlon Series
Princeton Forrestal Village (Princeton, NJ)
Run: 5K, Bike: 30K, Run: 5K
Contact: Coors Light Biathlon Series
P.O. Box 236
Lake Oswego, OR 97034
(503) 655-4721 (days)
- JUNE 24 BUD LIGHT USTS Baltimore Triathlon (Baltimore, MD)
Swim: 1.5K, Bike: 40K, Run: 10K
Contact: CAT Sports, Inc.
5966 La Place Ct.
Suite 100
Carlsbad, CA 92008
(619) 438-8080 (days)
- July 1 Philadelphia Modern Biathlon Series (Phila., PA)
Run: 2.5 miles, Bike: 15 miles, Run: 2.5 miles
Contact: Pat Mc Closkey
P.O. Box 299
Warrington, PA 18976
343-2407 (days)
- July 8 Cooper River Biathlon Series #2 (Pennsauken, NJ)
Run: 3.7 miles, Bike: 15 miles
Contact: See April 29th listing

UPCOMING EVENTS

- July 15 - Carbon County, PA Triathlon
July 22 - YMCA Run for the Homeless Biathlon (Wilmington)
July 29 - Phila./American Cancer Society Triathlon (FDR Park)
August 5 - Fairmount Park Classic Triathlon
August 12 - Thomas Jefferson Hospital Corporate Team Triathlon
Sept. 2 - Greater Wilkes-Barre Triathlon
Sept. 8 - Pine Barrens Triathlon
Sept. 9 - Monmouth County, NJ Sprint Triathlon
Sept. 23 - Cooper River Biathlon Series #3

These, and other races will be listed in the next issue of Keeping Contact.

Editor's Note: We try to give a longer schedule of multi-sport events in advance since most events, unlike road races, can only handle a certain number of participants, primarily for safety reasons. If you are going to compete in multi-sport events, it makes sense to enter early, as many events "sell out" and often will not accept post entries.

Media Fun Run - Rita Jordan

Rita has received the new tee-shirts for the Media Fun Run. They look great. There are 12 twenty time runners so far. Come on guys come out to Media for a FUN TIME.

Women's Distance Festival - Rita Jordan

September 8th has been picked for the WDF. Discussion as to whether we will hold WDF run and picnic out at Ridley Creek State Park or run WDF earlier and have picnic later at park. Cake Race may also be run at the same time. John would like to hear your ideas on the runs.

Bill Schultz made a motion that DELCO give Rita \$35 for a deposit on the park/Second Elaine Russell. Passed.

New Business

Dawn-to-Dusk - Bill Schultz & Bob Huggins

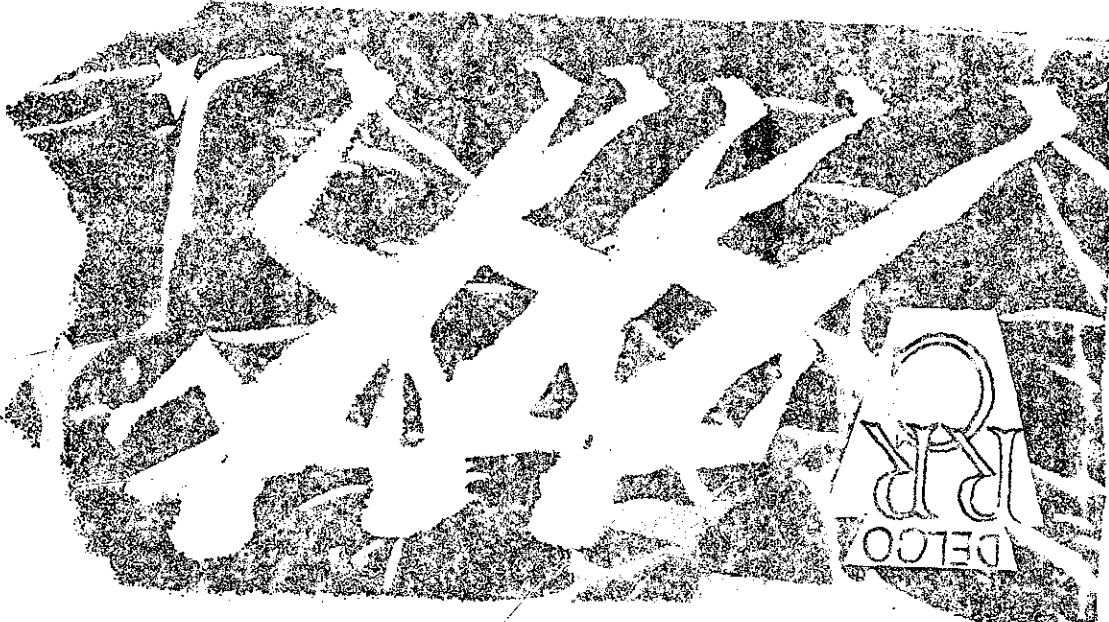
Will be held on May 12 this year and it will be a 12 hour run instead of the usual 24 hour run. We will need lap counters to come out and help.

Motion was made at 8:48 P.M. to adjourn. Peggy Bobeck/Amy Binder.

Next Meeting will be held February 28th at Springfield High School community room at 7:45 P.M.

Respectfully submitted,

Peggy Bobeck



DELAWARE COUNTY ROAD RUNNERS CLUB

DELCO ROAD RUNNERS CLUB
PO BOX 145
SHARON HILL, PA 19043

NON-PROFIT ORGANIZATION
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